

A transmission power control method, a transmitting and receiving apparatus, a base station and a mobile station can

5 lower a transmission power of a counterpart station with assuring
a communication quality, such as a desired bit error ratio,
block error ratio and so forth by setting a control reference
value to be used for generation of a control instruction
controlling the transmission power of the counterpart station
10 in a closed loop type transmission power control, when an error
correction coding and interleaving are used together. The
transmission power control method includes step of receiving
a signal transmitted from a communication counterpart station,
step of measuring a reception quality value of each received
15 time slot, control instruction determining step of periodically
determining a control instruction depending upon the reception
quality values of the plurality of slots and transmission step
of transmitting the control instruction to the counterpart
station, whereby the control instruction being used for
20 transmission power control of the counterpart station.